

## Appendix B

### Behavioral Risk Factor Survey (Summary)

Demographic characteristics of the county indicate a younger than average population. The under 18 age group is above the State rate and the 65 and over age group rate is one of the lowest in the State. The county should reflect a lower incidence of death because of these demographic differences. As indicated previously, Williamson County has the lowest rate of death from all causes in Tennessee.

The major modifiable risk factors for cardiovascular disease are high blood pressure, high blood cholesterol, and cigarette smoking. In 1994, it was estimated that 26.5% of the population smoke cigarettes. That figure has remained steady for many years. It is estimated from the BRF Survey that 30% of Williamson County residents have considered themselves smokers. However, currently 15% of residents remain cigarette smokers. Seventy-two percent of the ex-smokers have ceased smoking for over five years. Estimates are that 80% of residents make a serious effort to limit the fat intake in their diet and 60% are estimated to always or often cook or eat food without adding salt. Although no comparative data is available for these behaviors, 91% of county residents rate the quality of their health as good to excellent.

People with high blood pressure have as much as seven times the risk of stroke as do those with normal blood pressure. Weight control, smoking cessation, and physical activities are means to reduce the risk of stroke. It is estimated 65.6% of Tennesseans have a sedentary lifestyle. Results from the BRF Survey indicate that 87% of residents engaged in physical activity or exercise in the past month. As indicated above, 15% of residents are estimated to be cigarette smokers, and in the past year a health professional advised 11% of residents to lose weight. Using insurance industry median weight measurement, 31.9% of Tennesseans are considered obese.

In 1994, the BRF Surveillance Data indicated 11.7% of Tennesseans had no access to Health Insurance. In Williamson County, 2.5% of residents are estimated to have no Health Insurance. An estimated 89% of residents had a checkup within the past year; 95% have had a checkup within the past two years. Sixty-seven percent of women over 30 have had a mammogram, and 95% of women surveyed have had a Pap Smear. This suggests residents use preventative health services at a high rate.

According to the BRFS, the health problems most frequently marked “serious” are as follows:

Allergies (62%)	Alcohol Abuse (53%)	Stress (49%)
Drug Abuse (49%)	High Blood Pressure (47%)	Obesity (44%)
Heart Conditions (43%)	Arthritis (42%)	Teen Pregnancy (41%)
Breast Cancer (32%)	Lung Cancer (30%)	Unintended Pregnancy (28%)
Prostate Cancer (25%)	STD's (24%)	Diabetes (24%)
Child Abuse/Neglect (24%)	Asthma (24%)	Family Violence (23%)
Cervical Cancer (21%)	AIDS (21%)	Colon Cancer (19%)
	Emphysema (18%)	